

Curriculum overview

PE

*Charlestown
2022-23*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>I am Magical</p> <ul style="list-style-type: none"> * I can clap and stamp to music. * I can sit in a balanced position. * I can fit myself into spaces, like tunnels, dens and large boxes, and move around in them. * I can build independently with a range of appropriate resources. * I can move by walking and running. * I am beginning to jump and climb. * I can sit on a push-along wheeled toy, to scoot along. * I can sit on a tricycle and use my feet on the floor to move around. 	<p>Toys</p> <ul style="list-style-type: none"> * I can show control of my whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. * I am beginning to scoot along on a scooter. * I can spin, roll and independently use ropes and swings. * I am starting to kick, throw and catch large balls. 	<p>Transport</p> <ul style="list-style-type: none"> * I can change direction to avoid obstacles and other children when walking. * I can balance on a range of equipment, including planks. * I can go up steps and stairs, including climbing on/up apparatus, using alternate feet. * I can balance and stand on one leg. * I can use large-muscle movements to wave flags and streamers, paint and make marks. * I can walk on different parts of my feet; tiptoes, heels. * I can play ring games and games with the parachute. * I can join in with action songs (penguin dance, head shoulders knees and toes). * I can roll a ball to a friend and engage in a simple game. 	<p>Storytellers</p> <ul style="list-style-type: none"> * I can change direction to avoid obstacles and other children when running. * I can take part in group activities that I make up or in teams. * I can 'freeze' my body when the music stops, when playing games. * I can hop on one leg. * I can use and remember sequences and patterns of movements which are related to music and rhythm. * I can collaborate with others to manage large items, such as moving a long plank safely. * I can throw beanbags and balls using an underarm and overarm throw. 	<p>Animals</p> <ul style="list-style-type: none"> * I can run confidently at different speeds; fast and slow. * I can walk backwards avoiding obstacles. * I can jump off apparatus safely, landing on both feet. * I can ride a tricycle, scooter, scoot board independently with confidence around a track. * I can freeze my position when dancing on request. * I can move in a variety of ways; rolling, crawling and sliding. * I can initiate a ring game; <i>The farmers in his den, Ring o' roses</i> * I can work with others to manage large items such as planks and blocks without support from an adult. 	<p>Water, Water Everywhere</p> <ul style="list-style-type: none"> * I can balance and ride on a trundle bike independently with confidence around a track. * I can climb safely, showing an awareness of risks and talking about them. * I can choose the right equipment to do a challenge safely. * I can skip with two legs confidently. * I can ask others to help solve a challenge that I am struggling with. * I can catch a large ball with two hands. * I can walk across a plank at different heights in different ways safely and with confidence. * I can engage in a 'throw and catch' game with a peer using a ball or beanbag.
Reception	<p>Me!</p> <ul style="list-style-type: none"> * I can move with developing control and grace. * I can travel with more speed and control. * I can use my core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. * I can spin, rock, tilt, slide and bounce. 	<p>My Stories</p> <ul style="list-style-type: none"> * I can balance and ride on a two-wheeled balance bike. * I can run fast and stop on request. * I can jump over a line. * I can throw, catch and aim large balls. 	<p>Everyone!</p> <ul style="list-style-type: none"> * I can use physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing. * I can quickly change speed and direction. 	<p>Our World</p> <ul style="list-style-type: none"> * I can balance and engage in dance, gymnastics and sport. * I can throw, catch and aim small balls. 	<p>Big Bear Funk - A Transition Unit:</p> <ul style="list-style-type: none"> * I can balance and ride on a two-wheeled pedal bike without stabilisers. 	<p>Reflect, Rewind and Replay</p> <ul style="list-style-type: none"> * I can confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

<p>Year One</p>	<p>Games Pupils work on key basic games skills throughout this unit, with emphasis on spatial awareness when in motion, maintaining balance when in motion and ball skills.</p> <p>Dance Through the theme of colours, pupils select and use a variety of movements to form short dance phrases, building up to a group dance phrase.</p>	<p>Games Pupils continue to explore key basic games skills throughout this unit including carrying & balancing equipment; developing throwing and catching; striking and kicking moving balls with accuracy and control; demonstrating some skills required for dribbling and engaging in team games.</p> <p>Gymnastics Pupils begin their gymnastic journey by exploring space safely. They utilise different points and patches when balancing and create tall, small, wide and flat shapes. As the learning develops, they incorporate shapes into a small performance that includes rolls.</p>	<p>Games This unit explores the skills needed to successfully attack and defend needed in team game situations, including using quick movements to avoid defenders. Skills are developed through appropriate small group activities and team games.</p> <p>Yoga This unit will introduce and begin to master some basic movements and begin to apply them</p>	<p>Games During this unit, pupils will develop and apply key game skills to football and rugby. Pupils will learn basic kicks and passes in football. For rugby they will learn basic passing, catching, tagging and how to move.</p> <p>Dance Through the theme of weather, pupils will create dance phrases, building up to a whole class performance.</p>	<p>Games This unit develops motor skills and strengthening of core muscles through various activities. It develops pupils ability to work at high intensity when engaging in fitness circuits.</p> <p>Games Pupils explore basic and advanced level shapes, including the use of mirroring and copying. They explore different styles of travelling and jumping techniques. Pupils create small routines showcasing their learning.</p>	<p>Athletics This unit introduces the basics of athletics to pupils. It builds on some of the basics pupils have learnt in games lessons.</p> <p>Dance This dance unit is aligned to the theme of The Seaside. Pupils will create simple dance phrases individually, in pairs and as a class performance.</p>
<p>Year Two</p>	<p>Games Pupils will learn to demonstrate control and balance in basic movements, such as avoiding other players. They will explore ball handling skills, controlling a moving ball and perform rolling and gathering skills. Pupils will have the opportunity to further refine throwing and catching skills.</p> <p>Dance Pupils learn to apply air patterns, jumps and shapes into dance phrases. They explore additional dance elements such as tempo, space and</p>	<p>Games Pupils will explore: kicking skills; underarm and overarm throwing; sending and receiving a ball using a tennis racket and a range of striking and gathering skills. They will have the opportunity to apply striking and gathering skills into small sided games.</p> <p>Dance Pupils will be able to select and explore a variety of movements reflecting the theme of toys. Pupils will build up to creating a class performance based on a Toymaker's Workshop.</p>	<p>Games This unit explores the skills needed to successfully attack and defend needed in team game situations, including using quick movements to avoid defenders. Skills are developed through appropriate small group activities and team games.</p> <p>Gymnastics Within this unit, pupils will create basic, low and medium level shapes with linking, mirroring and balances. They will also have the opportunity to explore jumping from apparatus.</p>	<p>Games This unit of games introduces pupils to hockey and basketball. Pupils will begin to understand how previous skills in games can be applied to basic elements of hockey and basketball</p> <p>Yoga This unit will build on movements to help develop and demonstrate agility, balance and coordination</p>	<p>Games Pupils will understand and perform the basic skills required in tri-golf. They will focus on controlling distance when striking and chipping the ball in the air. Pupils will combine their skills learnt into a group competition.</p> <p>Gymnastics This unit focuses on using apparatus with entrances, exits and balances, rehearsing shapes on apparatus and performing shapes in flight. Pupils will also explore rolling techniques such as the egg, teddy bear and sideways shoulder roll</p>	<p>Athletics In this unit pupils will develop: awareness of speed for short distance; awareness of space, height and and distance. Pupils will be able to select the best way to throw different pieces of equipment; throw with and aim with accuracy. They will explore jumping for distance.</p> <p>Dance Pupils will create simple dance phrases individually, in pairs and small groups; building up to a performance. Pupils will create their phrases based upon the theme of Animals.</p>

	dynamic through movement. Pupils build up to creating a group dance phrase based on the movements and sounds of fireworks.				and will incorporate these into performances.	
--	--	--	--	--	---	--

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	<p>Football</p> <p>This unit focuses on controlling, dribbling, turning, passing and receiving a ball. Pupils will develop skills for shooting and playing the position of goalkeeper. There is opportunity for pupils to apply learnt skills into a game of football.</p> <p>Dance</p> <p>This unit focuses on simple cheerleading arm positions and basic movement actions. Pupils will have the opportunity to perform solo, in partners, groups and as a whole class.</p>	<p>Netball</p> <p>This unit focuses on passing/catching a netball, use of correct footwork, dodging, marking and shooting. Pupils will have the opportunity to play a game of netball showing an understanding of the rules.</p> <p>Gymnastics</p> <p>This unit focuses on performing sequences with low, medium level shapes, contrasting shapes, matching, mirroring and linking. Pupils will perform a wide range of shapes in flight, both on and off apparatus and develop their learning of balances and rolls.</p>	<p>Cricket</p> <p>This unit focuses on under and overarm bowl, batting correctly, different batting shots and fielding techniques.</p> <p>Dance</p> <p>This unit focuses on dance with the theme of the circus. Pupils will select and explore a variety of movements that are apt to the theme. They will learn, rehearse and perform dance phrases as a group and a class.</p>	<p>Tag Rugby</p> <p>This unit focuses on evading and tagging opponents, keeping control of the ball, passing the ball accurately and receiving safely on the move. Pupils will have the opportunity to apply learned skills in a game of tag rugby.</p> <p>Gymnastics</p> <p>This unit focuses on developing core strength for rolling and performing forwards and backwards rolls safely with a range of starting and finishing positions. Pupils will also have the opportunity to learn how to turn, twist and spin with confidence.</p>	<p>Athletics</p> <p>This unit focuses on: running for speed; jumping for distance; development of throwing skills; the beginnings of hurdling; running relay and team participation.</p> <p>Dance</p> <p>This unit aims to develop pupils dance skills through the theme of kites. Pupils will develop choreography skill working on levels, apt interpretations, application to music and appraisal of each others's dances. Routines will be formulated with the aim of producing group and class performances.</p>	<p>OAA</p> <p>This unit focuses on the following skills and activities: Following instructions and working as a team; finding solutions in a group to complete tasks; the skills of orienteering and involvement in a full orienteering course.</p> <p>Gymnastics</p> <p>This unit focuses on developing jumps and leaps, expanding on the variety a pupil can perform. It explores jumping actions on a vault and combining techniques to form a routine.</p>

<p>Year Four</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>Tennis This unit focuses on the ready position, including forehand and backhand shot, interpreting the flight of a ball and reacting to it, and position and movement on the court. Pupils will have the opportunity to showcase learnt skills within a rally.</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>Dance Through the theme of Bollywood dance, pupils will focus on learning arm, hand and footwork movements. Pupils will have the opportunity to perform a choreographed dance phrase in small groups and as a whole class.</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>Gymnastics This unit focuses on performing routines with matching, contrasting and linking balances on, off and over apparatus. Pupils will have the opportunity to evaluate routines throughout the unit.</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>Rounders This unit focuses on throwing and catching a ball, batting, bowling and striking skills. Pupils will develop fielding techniques and apply them to rounders. There is opportunity for all the skills learnt to be applied to a mini-rounders match.</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>Athletics During this unit pupils will explore: Recording and measuring performance in running, throwing and jumping. Pupils will improve running techniques and communication as a team when making relay changeovers. Additionally, pupils will focus on: Jumping for height; throwing for distance and improving general performance in running, throwing and jumping.</p>	<p>Swimming Swim 25m Perform a range of recognised strokes Perform a safe self rescue</p> <p>OAA This unit focuses on the following skills and activities: Following instructions and working as a team; finding solutions in a group to complete tasks; the skills of orienteering and involvement in a full orienteering course.</p>
<p>Year Five</p>	<p>Tag Rugby This unit focuses on evading and tagging opponents, passing and receiving a pass at speed and refining attacking and defending skills. Pupils will have the opportunity to develop tactics as a team and demonstrate learned skills in a game of tag rugby.</p> <p>Gymnastics This unit focuses on forward rolls, backward rolls and a range of routines with rolling. Pupils will also learn how to vault safely.</p>	<p>Athletics This unit builds on the skills taught in previous athletic units. Pupils will develop: Running for speed; jumping for distance (triple jump), throwing and hurdling skills. Pupils will be able to run relays, score, officiate and show leadership in athletics.</p> <p>Dance This unit focuses on the Haka. Pupils will learn Haka movements, leading to a choreographed dance phrase based on the Ka Mate Haka.</p>	<p>Netball This unit focuses on catching, throwing, shooting and passing accurately using a variety of tactics. Pupils are expected to demonstrate control and good footwork. There is opportunity for pupils to apply their learning to high 5 netball.</p> <p>Gymnastics This unit focuses on vaulting, combing headstands with forward rolls and jumping rolls. Pupils will combine key learning over the unit into routines.</p>	<p>Hockey This unit focuses on, dribbling, passing, finding space, keeping possession, shooting, tackling and marking. Pupils have the opportunity to apply new skills in a competitive game situation..</p> <p>Dance Pupils will learn basic street dance actions, moves and positions throughout this unit. They will showcase their learning over the unit through choreographed routines.</p>	<p>Cricket This unit focuses on developing bowling and batting in a game situation, developing deep field catching and introducing the lofted drive. Pupils will have the opportunity to apply these skills to a game situation.</p> <p>Yoga This unit will continue to develop movements to be consistently able perform and apply skills and techniques</p>	<p>Football This unit focuses on controlling, dribbling, turning, passing and receiving the ball. Pupils will also develop their skills of tackling, marking and shooting and have an opportunity to apply all learned skills in a game of football.</p> <p>OAA This unit focuses on the following skills and activities: Following instructions and working as a team; finding solutions in a group to complete tasks; the skills of orienteering and involvement in a full orienteering course.</p>

<p>Year Six</p>	<p>Handball This unit focuses on shooting, defending, attacking, blocking and goal keeping. Pupils will have the opportunity to play both small and full-size games, applying their learned skills.</p> <p>Gymnastics Within this unit, pupils will explore balances, rolls on/off apparatus and incorporate stands into unison performances.</p>	<p>Athletics In this unit pupils will: Run with greater fluency & speed, including hurdling; sustain pace over longer distances; complete a variety of athletics races, throwing and jumping events; combine all athletics skills into a Sports Day style competition.</p> <p>Dance This unit focuses on movements, dance phrases and choreographed routines based on the theme of Street Art. Pupils will build up their dance movements into a performed choreographed dance narrative.</p>	<p>Basketball This unit focuses on developing skills for passing, dribbling, defending and marking an opponent. Pupils also have the opportunity to apply their skills to small and full-size games.</p> <p>Gymnastics This unit focuses on the following skills and activities: Performing handstands and into a forward roll; performing cartwheels and designing a performance; performing rotation, balances and stands in unison, and canon.</p>	<p>Tennis This unit focuses on developing the serve, return serve, footwork and taking the correct position on the court. Pupils will also learn how to recover after making a shot and develop a cooperative rally..</p> <p>Yoga This unit will continue to develop movements to be able to consistently perform and apply skills and techniques with accuracy and control</p>	<p>Rounders This unit focuses on throwing, catching and striking a ball consistently as well as fielding. Pupils will have the opportunity to demonstrate the key rule in rounders and compete successfully as a team.</p> <p>Dance This unit explores dance through the theme of the Olympic Games. Pupils will build on choreography skills, increase body awareness, develop performance skill and appreciation.</p>	<p>OAA This unit focuses on the following skills and activities: Following instructions and working as a team; finding solutions in a group to complete tasks; the skills of orienteering and involvement in a full orienteering course.</p> <p>Gymnastics Within this unit pupils will: combine balancing & travelling to produce a floor routine; combine balancing & travelling to produce an apparatus routine; produce a mirroring routine with a partner on apparatus; will compile skills learnt on floor and apparatus.</p>
-----------------	---	---	---	---	---	---

